

WHAT IS CLAIMED IS:

1. A method for at least ameliorating a symptom associated with pressure applied to the median nerve of the carpal tunnel of a host, said method comprising:
 - 5 topically applying an affective amount of a topical NSAID formulation to a palmar dermal surface of said subject proximal to said carpal tunnel;
whereby at least one symptom associated with pressure applied to the median nerve of said carpal tunnel is at least ameliorated.
- 10 2. The method according to Claim 1, wherein said topical NSAID formulation comprises a nonsalicylate NSAID.
3. The method according to Claim 1, wherein said topical formulation is a cream.
- 15 4. The method according to Claim 1, wherein said topical formulation is a patch.
5. The method according to Claim 1, wherein said host is a mammal.
6. A method of treating a mammal suffering from carpal tunnel syndrome, said
 - 20 method comprising:
topically applying a nonsalicylate NSAID formulation to a palmar dermis of said mammal for a period of time sufficient for amelioration of at least one symptom of said syndrome to occur;
whereby said mammal is treated.
- 25 7. The method according to Claim 6, wherein said mammal is a human.
8. The method according to Claim 6, wherein said formulation is a cream.

9. The method according to Claim 6, wherein said formulation is a patch.
10. The method according to Claim 6, wherein said symptom is pain.
- 5
11. A method for treating a human suffering from pain caused by pressure on the median nerve, said method comprising:
- topically applying a nonsalicylate NSAID formulation to the palmar dermis proximal to said median nerve in a manner sufficient to at least reduce said pain;
- 10 whereby said human is treated.
12. The method according to Claim 11, wherein said NSAID formulation is a cream.
13. The method according to Claim 11, wherein said NSAID formulation is a patch.
- 15
14. The method according to Claim 11, wherein said NSAID is an acetic acid.
15. The method according to Claim 14, wherein said NSAID is diclofenac.
- 20
16. The method according to Claim 11, wherein said NSAID is indomethacin.
17. The method according to Claim 11, wherein said NSAID is ibuprofen.
18. The method according to Claim 11, wherein said NSAID is ketoprofen.
- 25
19. A kit for use in treating a subject suffering from pain associated with carpal tunnel syndrome, said kit comprising:
- a topical NSAID formulation; and

instructions for practicing the method according to Claim 1.

20. The kit according to Claim 19, wherein said NSAID formulation comprises a nonsalicylate NSAID.

5

21. The kit according to Claim 19, wherein said formulation is a cream.

22. The kit according to Claim 19, wherein said formulation is a patch.

10 23. The kit according to Claim 19, wherein said NSAID is an acetic acid.